



Métis Nation British Columbia  
Ministry of Health Forum

***“Health through the Lifespan – Elder’s Wellness Day”***

Cascadia Hotel and Suites, 1234 Hornby Street, Vancouver BC

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**DRAFT Forum Agenda**

**Friday, March 5, 2010**

1:00pm – 1:30pm	Elders Welcoming and Opening Ceremony
	Topics of Discussion:
1:30pm – 2:00pm	∞ Healthy Meals on a Budget
2:00pm – 2:30pm	∞ Falling – reducing your risk of injury.
2:30pm – 2:45pm	Nutrition Break
3:00pm – 3:30pm	∞ Recognizing Elder Abuse
3:30pm – 4:00pm	∞ Waterworks: “mind over bladder”
4:00pm – 4:40 pm	Healthy Living BINGO
4:40pm – 5:00pm	Smooth Movement Demonstration
5:00pm – 6:00pm	Social Hour -enjoy the company of other Elders or put your feet up and relax in our Elders Lounge
6:00pm – 9:00pm	Banquet Dinner with Métis Entertainment and dance Traditional Bison Buffet.